515
362 that raffia palm oil is evidently offensive to lice /Fig. 143 appears here in the original text/ and prevents them from becoming too intimate with their "host." In the case of skin diseases (Krokro /Ed.,?/ and scabies) and of sand flea wounds, it is even used as a remedy.

Oil (mbə̌n) is obtained mainly from palms: in the north, only from the oil palm; in the south, rarely from this tree and mainly from the raffia palm. At times it is also produced from the kernels of Mimusops djave (Lan.) Engl. (adzə̌'h; fruit, ebə̌n; kernels, ngə̌n IV-ebə̌n), from the kernels of the Carapa procera D. C. (engə̌'), and only very rarely from groundnuts (see page 58).

The oil of the raffia palm is used exclusively for the care of the skin, while that of the oil palm is used for the same purpose

Fig. 143. Toothbrush.

for the greater part, only from one-sixth to one-fifth being consumed as food.

(a) Raffia palm oil.

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● 303 The fruit (azə̃ũi'), not yet fully ripe, is carried in baskets from the swamp to the village where they are kept for six days under banana leaves and pieces of banana stalks. Then the scaly shell, insofar as it has not fallen in of its own accord, is removed, and the layer rich in oil, which is located between the armor and the seed, is peeled off by hand or with the help of a scale from the shell. The following riddle refers to the latter procedure. /191/ /Fig. 144 appears here in the original text./

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ma	vũi		mot	oko,		okə̌n,	o	mbe	a
I	killed	(a)	person	there,	(the)	knife,	it	was	to him

nie	abum	a	si,	o	wo	ma	ba	nie
(at the)	belly	below,		with	which	I	divide	him

a	oa
for	you!

249
303

Fig. 144. Oil Press for Raffia Palm Oil.
To the left the pulp containing oil is being heated over the fire.

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"With the knife that he had below at his belly, I shall divide him for you."

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303

A little water is added to the pulp which contains the oil; it is stirred and then placed on a piece of bark to lie in the sun for a few days. It is then put on a frame (Fig. 144, left) and, by means of a fire laid under it, is thoroughly heated for half an hour to an hour. Afterwards it is placed in a little basket, specifically made for this purpose (ekŭt a$\check{z}\tilde{u}$,ĭ) from the Ancistrophyllum (nkāne), which is squeezed out on the oil press (eki'le-ma$\check{z}\tilde{u}$,ĭ', efă'ĭ-a$\check{z}\tilde{u}$,ĭ). Although this press is made by one man alone, it may be used by all the villagers. In most villages it is set up near the meeting house and consists of a frame -- two posts planted in the ground at some distance from each other with two cross-sticks tied to them -- and of a board cut to a point near the bottom and attached sideways to the frame, that is to say, it is simply tied to the upper cross-stick (as seen in Fig. 144), or it may be held by means of a pole set at an angle in the ground and passing through a hole drilled in the board at the upper end. In order to hold it tight,

249 the board is tied to the /192/ lower cross-stick. Sometimes
● 303 in place of the board one sees sticks oriented in the same direction and placed close to each other, which are then, of course, tied to the frame at the top and at the bottom.

The pressing itself (a kī̌le mažǔ̌ǐ) is shown in Figure 144. The little basket with the pulp is hung either over the stick that is set at an angle or over the upper end of the board (Fig. 144), so that it rests in front of the board. Then it is squeezed out with sticks. In squeezing, one stick after another is placed diagonally over the basket (in a top to bottom direction); one end of the stick is placed behind the corresponding frame post while the other end is drawn up to the other post and fastened to it with string. In this way the basket is squeezed, and the contents are pressed downwards.

Prior to this, a vessel has been placed under the board down which the oil runs during the pressing. A leaf filter or an old basket over the vessel strains out the larger impurities. During the rainy season the fruit yields a more watery oil, while during the dry season it yields an oil that becomes solid very soon after being pressed out.

(b) Oil palm oil.

249 Corresponding to the more infrequent occurrence of the oil
252 palm from north to south, oil from the oil palm is of much greater importance in the north than in the south. In the former region it is better prepared -- if at this point I may speak of it as a food -- even if it is not prepared as well as among the coastal tribes -- while in the latter region it is less well prepared. Furthermore, while in the south there are only three methods of obtaining the oil, in the north there are four and an equal number of varieties of oil corresponding to the methods of extraction. These are as follows: /193/ /Fig. 145 appears here in the original text/

1. Pressed palm oil (mowǔ̌, plural), for rubbing on the skin and food;
2. Boiled palm oil (nnyǎman e mbǒ̌n), only for rubbing on the skin;
3. Washed palm oil (žoń), Jaunde and Mwele, used for rubbing on the skin and for food;